

Williamson County Walk/Run



Presented by the Williamson County Health Department

Did you make a New Year's Resolution to live a healthier lifestyle in 2016?

The Williamson County Health Department can help you stay on track to meet your goals! Health Educator & Certified Running Coach, Patty Norem, is coaching a

FREE Couch to 5k program.

This 10 week program will begin Saturday, January 30th at **8 am** at **Pinkerton Park in Franklin**.

Group run/walks are scheduled for:

Saturdays 8-9am, January 30th– April 9th (Race Day!!!)

and

Tuesdays 5-6pm, February 2nd– April 5th

You will also receive a training plan and tons of motivation to help you meet your goal of completing a 5k at your pace on April 9th.

We will be training to run the WillPower 5k beginning in downtown Franklin on April 9th. This is the same day as the Walk across Williamson Celebration!

County employees who complete the training will get FREE ENTRY TO THE WILLPOWER 5K!!!

For more information and to register:

Contact Patty Norem at 465-5350 or Patricia.norem@tn.gov

